

# Why Exercise?

Research has shown that exercise and physical activity can help:

- ▶ Control diabetes
- ▶ Reduce body fat
- ▶ Decrease the risk of Coronary Heart Disease
- ▶ Reduce blood pressure
- ▶ Increase stability and balance
- ▶ Improve mood and mental wellbeing
- ▶ Reduce stress and anxiety
- ▶ Increase energy
- ▶ Improve quality of life



## Book your appointment TODAY

*Start your journey to a healthier and happier you!!!*

**Exercise Referral Team**  
**Telephone 01202 777766**

**YMCA BOURNEMOUTH**  
Bournemouth/Poole/Christchurch



## Membership Information

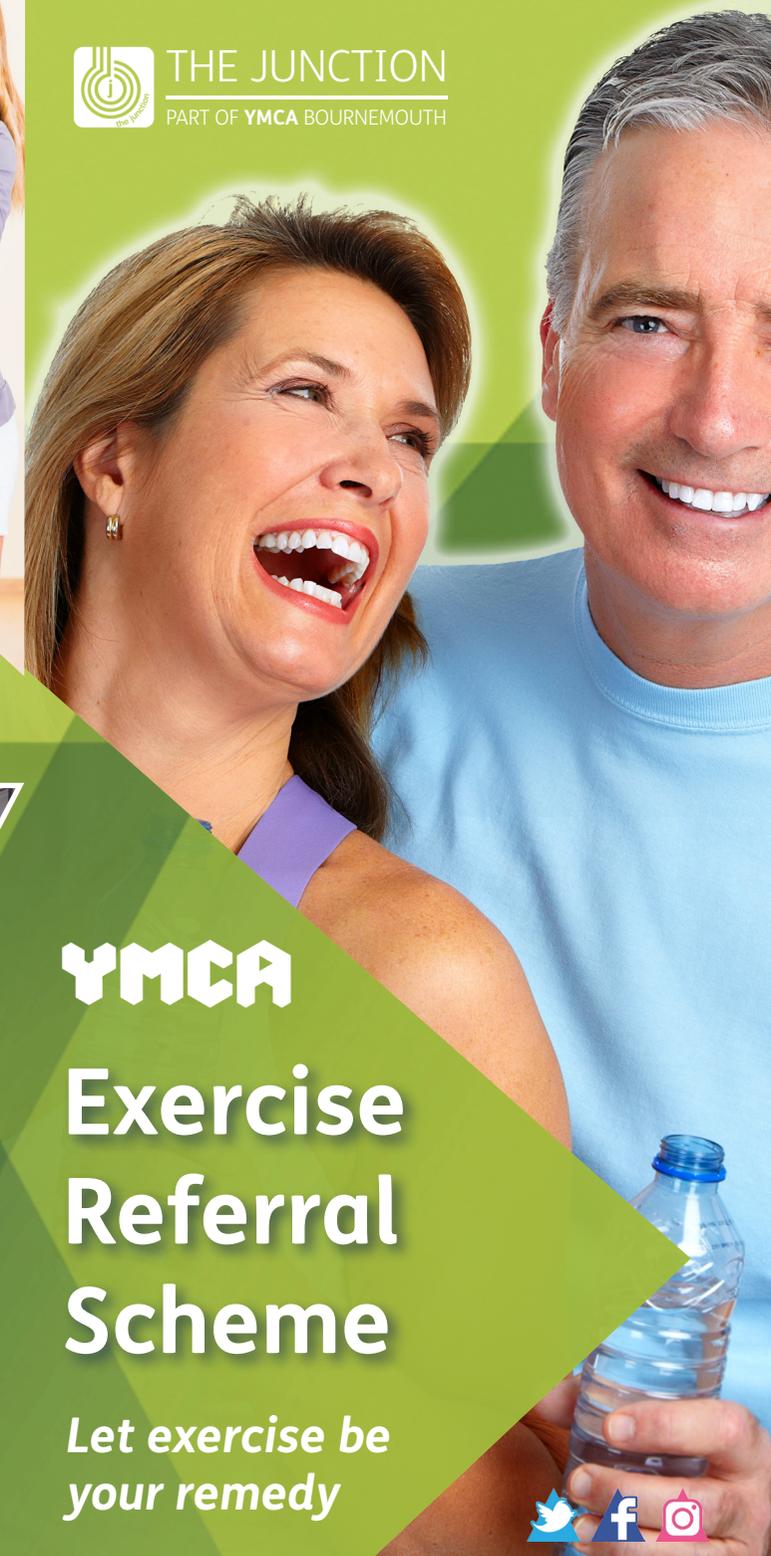
After completing our 12 week 'Exercise Referral Scheme' you will be entitled to reduced membership which covers Gym/Swimming & Classes, costs as follows:

1. £16.50 per month, per person  
NO CONTRACT, six weeks cancellation notice required  
NO JOINING FEE
2. 12 month upfront payment  
£165.00 per person

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THE JUNCTION  
PART OF YMCA BOURNEMOUTH



# YMCA Exercise Referral Scheme

*Let exercise be your remedy*



SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

## What is the Exercise Referral Scheme?

The Exercise Referral Scheme is an initiative at The Junction Sports & Leisure Centre in Broadstone. It provides patients referred from their GP a safe, professional and encouraging environment to help increase their health, fitness levels and improve their quality of life.

Our qualified Exercise Referral Team will provide you with an **initial assessment** and also review your progress after 12 weeks. Gym staff are available to help throughout the 12 week programme.

## Who is the Exercise Referral Scheme for?

Your GP will be able to refer you to the scheme provided that you are inactive, have a long standing health condition\* and/or have a BMI over 30.

\*Certain conditions only

## How much does it cost?

### Option One

Upfront Payment    £25.00  
Session Fee:        £2.50 per visit

### Option Two

Upfront Payment    £40.00

### Option Three

Direct Debit        £16.50 per month

The above fees include:

- ▶ Initial Assessment (duration 45 mins)
- ▶ Gymnasium Induction/Programme
- ▶ Unlimited Gym, Swim and Fitness Classes (exc Yoga) with option 2 and 3 (for 12 weeks)
- ▶ End Of Term Review Assessment

## How does it work?

Once you have met your GP your completed referral form will be sent to the GP Referral Team at The Junction Sports & Leisure Centre. A member of our team will give you a call and arrange your initial assessment.



## The 12 week programme will work as follows:

- 1) You will be contacted by the GP Referral Team inviting you to book your 'Initial Assessment' to begin your 12 week programme @ The Junction. Payment option to be confirmed.
- 2) Attend the 'Initial Assessment/ Gym Induction' @ The Junction. (duration 45 mins)
- 3) 12 weeks of advised gym, swim and fitness sessions
- 4) At week 12 all patients are invited to attend a complimentary Review Assessment, arranged by the GP Referral Co-ordinator in order to complete the scheme and qualify for the discounted membership.



## Extra help needed:

Complimentary session available (30 mins) if further advice required. Bookable at Reception.

## Activities/Sessions included in The Junction's Exercise Referral Scheme:



▶ Use of our superbly equipped Gymnasium ... **7 days a week ...**

▶ Use of all public / adult swim sessions ... **7 days a week ...**

▶ Access to fitness classes (exc yoga) on our timetable **70+ class per week ...**

## Our Role is to:

- ▶ Encourage you to start a tailored exercise programme to meet your goals and needs
- ▶ Help you adapt to a healthier, more active and enjoyable lifestyle
- ▶ Advise you on how to safely exercise
- ▶ Offer discounted services to make your fitness more affordable
- ▶ Support and assist you throughout the scheme and beyond